



### January 2011–Senior Lunch Sites

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Chili Con Carne</b> Green Beans Cornbread Tropical Fruit Mix	<b>Beef Hot Dog on</b> Wheat Bun Onion Macaroni Salad Baked Beans Assorted Pudding	<b>Holly Farm Chicken</b> Rosemary Redskin Potatoes Chefs Cut Vegetables Wheat Roll Mandarin Oranges	Tortilla Soup w/Tortilla Chips <b>Pork Chili Verde</b> w/Sour Cream Pinto Beans Flour Tortilla Custard Pineapple Juice	Corn Chowder w/Crackers <b>Shepherd's Pie</b> Green Salad w/Ranch Wheat Roll Seasonal Fresh Fruit
10	11	12	13	14
Navy Bean Soup w/Crackers <b>Turkey Pot Roast</b> <b>w/Gravy</b> Mashed Potatoes Peas and Carrots Wheat Roll Sliced Peaches Orange Juice	<b>Breaded Fish w/Tartar</b> <b>Sauce</b> Rice Pilaf Broccoli Wheat Roll Fruited Gelatin	<b>BBQ Pork Rib</b> Chuckwagon Corn Mixed Salad Italian Dressing Cornbread Fresh Fruit	Tomato Soup w/Crackers <b>Salisbury Steak w/</b> <b>Mushroom Gravy</b> Scalloped Potatoes Wheat Bread Fresh Fruit	<b>Chicken Cacciatore</b> Fettuccine Noodles Zucchini Sourdough Roll Assorted Pie Apple Juice
17	18	19	20	21
<b>Martin Luther King</b> <b>Jr. Day!</b> <b>BBQ Chicken</b> Baked Beans Collard Greens Cornbread Apple Pie	Mexican Corn Soup w/Crackers <b>Beef Fajitas</b> Fajitas Vegetables Sour Cream, Salsa Flour Tortillas Pinto Beans Pineapple Chunks	<b>Pork Loin Roast</b> <b>w/Gravy</b> Applesauce Tri Colored Potatoes Broccoli Wheat Roll Angel Food Cake w/Topping	Minestrone Soup w/Crackers <b>Chicken Marsala</b> Penne Pasta Garden Salad Italian Dressing Garlic Breadstick Fresh Fruit	<b>Mac N Beef</b> <b>Casserole</b> California Blend Vegetables Green Salad w/Italian Dressing Wheat Roll Peach Crisp Orange Juice
24	25	26	27	28
Hearty Vegetable Soup <b>Stir Fried Chicken</b> w/Stir Fried Vegetables Steamed Rice Fruited Gelatin Apple Juice	Broccoli Cheese Soup w/Crackers <b>Baked Lemon Fish</b> Red Potatoes Peas and Carrots Wheat Roll Melon	Tomato Rice Soup w/Crackers <b>Baked Meatloaf</b> <b>w/Gravy</b> Mashed Potatoes Wheat Roll Fruit Cup	<b>Birthday Party</b> <b>Meat Lasagna</b> Italian Blend Vegetables Caesar Salad Sourdough Roll Birthday Cake	Butternut Squash Soup w/Crackers <b>Vegetarian Quiche</b> Salad w/Thousand Island Dressing Fruited Muffin Fresh Fruit
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Lentil Soup w/Crackers <b>Beef Pot Roast</b> <b>w/Gravy</b> Red Potatoes Broccoli Wheat Bread Tropical Fruit Mix				<b>Suggested</b> <b>Donation - \$2.50</b>  <b>Meal Cost for</b> <b>Under Age 60 -</b> <b>\$3.50</b>

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems.

This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls